

WHAT IS CLAIMED IS:

1. An antioxidant comprising acerola seed extract as an active component.

5 2. The antioxidant of claim 1, wherein said acerola seed extract contains quercitrin.

3. A skin preparation for external use comprising the antioxidant of claim 1.

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4. A cosmetic comprising the antioxidant of claim 1.

5. Food comprising the antioxidant of claim 1.